

What is claimed is:

1. A method for distributing media files over a computer network, comprising:
receiving at a server an electronic message that includes one or more recipients designated to receive said electronic message along with a specified media file;
identifying the specified media file;
searching a library of frequently transmitted media files to determine whether the specified media file exists in the library; and
if the specified media file exists in the library, transmitting a copy of the specified media file to said one or more recipients or, if the specified media file does not exist in the library, uploading the specified media file to a predetermined server and transmitting to said one or more recipients a copy of the specified media file from the predetermined server.
2. The method according to claim 1, wherein the specified media file comprises an audio file.
3. The method according to claim 1, wherein the specified media file comprises a video file.
4. The method according to claim 1, wherein the specified media file comprises a multimedia file.
5. The method according to claim 1, further comprising detecting a size of the specified media file attached to the electronic message.
6. The method according to claim 5, wherein the search of the library is performed only if the specified media file exceeds a predetermined size.

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7. The method according to claim 1, further comprising logging a number of times a particular file is attached to an electronic message for transmission over the computer network.
8. The method according to claim 7, further comprising storing in said library a list of media files, each of which has been transmitted by electronic message over the computer network more than a predetermined number of times along with an associated location in the computer network for each file.
9. The method according to claim 7, further comprising ranking a plurality of media files based on how often each media file has been transmitted over the computer network.
10. The method according to claim 9, further comprising storing in said library an identity of a predetermined number of said ranked media files, which have been transmitted most often over the computer network electronically, along with a location in the computer network of each of said ranked media files.
11. A computer readable media having encoded thereon a plurality of instructions causing a processor to:
- receiving at a server an electronic message that includes one or more recipients designated to receive said electronic message along with a specified media file;
 - identifying the specified media file;
 - searching a library of frequently transmitted media files to determine whether the specified media file exists in the library; and
 - if the specified media file exists in the library, transmitting a copy of the specified media file to said one or more recipients or, if the specified media file does not exist in the library, uploading the specified media file to a predetermined server and transmitting to said one or more recipients a copy of the specified media file from the predetermined server.

12. The computer readable media according to claim 11, wherein the specified media file comprises an audio file.
13. The computer readable media according to claim 11, wherein the specified media file comprises a video file.
14. The computer readable media according to claim 11, wherein the specified media file comprises a multimedia file.
15. A system for transferring media files from a sender to multiple recipients, comprising:
- a server associated with a first computer; and
 - an electronic messaging system adapted to operate over the server, said messaging system being adapted to generate electronic messages of a first type which have at least one media file attached thereto and which designate a plurality of recipients, said messaging system being further adapted, when an electronic message of said first type is sent from said first computer, to
 - (a) identify the attached file,
 - (b) search a library of frequently transmitted files to determine whether the attached file exists in the library, and
 - (c) transmit, if the attached file exists in the library, a copy to said one or more recipients or, if the specified file does not exist in the library, upload the specified file to a predetermined server and transmit to said one or more recipients the specified file from the predetermined server.
16. The system of claim 15, wherein the file comprises a multimedia file.
17. The system of claim 15, wherein the file comprises an audio file.
18. The method of claim 15, wherein the file comprises a video file.

19. The system of claim 15, wherein the file is copied to a first recipient by copying the file from the first server to a second server associated with the first recipient.
20. The system of claim 15, wherein the message is generated on a system, and wherein the file is uploaded to the server from the system when the message is sent.
21. A method for distributing media files over a server, comprising:
providing an electronic message designating a plurality of recipients, said electronic message having a media file attached thereto, said media file being resident on said server;
sending the electronic message sans media file to each recipient along with an identifier that uniquely identifies the media file; and
forwarding, for each recipient when the message is opened by said each recipient, the file from said server to the recipient.
22. The method according to claim 21, further comprising removing the media file from the electronic message to be sent to the plurality of recipient before any uploading of the media file to the server can occur and prior to sending the electronic message sans media file to the plurality of recipients.
23. The method according to claim 21, further comprising inserting an identifier in the electronic message that uniquely identifies the media file and a location of the media file on a computer network.
24. The method according to claim 21, wherein the identifier comprises a hyperlink to a uniform resource locator (URL) on a computer network.